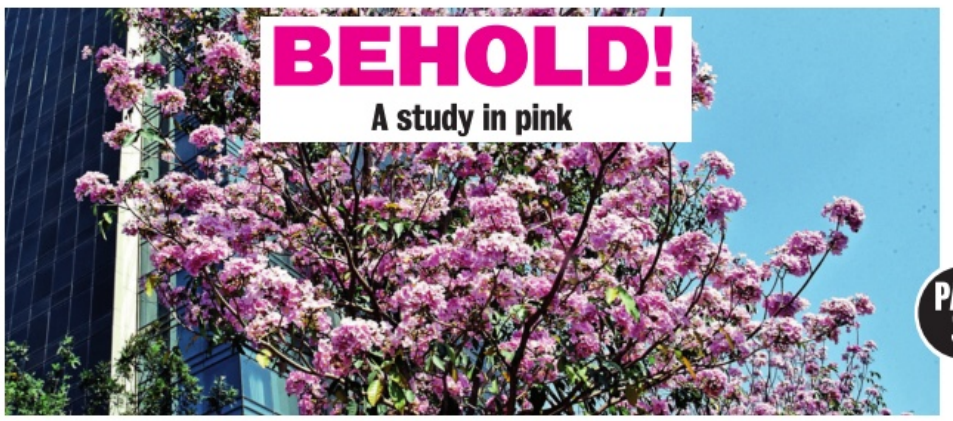
BENGALURU, MONDAY, JANUARY 8, 2024 www.Bangaloremirror.com 12 Pages PRICE ₹3

Bangalore Mirror

TEMP Max 24 | Min 21 | Humidity 72% Light Rain Sensex 72,026 | Nifty 21,710 | Gold 62,579 | Silver 72,580 | Dollar 83.19 | Euro 91.16 | GBP 105.86



BEHOLD!
A study in pink

PAGE 3

UNWELL TIMES
How not to sink wells

Three new websites to curate comprehensive data on lakes, parks, plantations, and their maintenance

PORTALS TO NEW WORLDS

App for student volunteers tending to saplings

| Melvin Mathew
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TWEETS @BangaloreMIRROR

TIM GOEDHART/UNSPLASH

To allow for online monitoring of lakes, parks and plantations, the Bruhat Bengaluru Mahanagara Palike shall create three dedicated online platforms.

Additionally, a mobile app has been created for volunteer students taking care of the 1 lakh trees planted by the BBMP.

In a bid towards creating public accountability and transparency, the civic body is setting up the three new online portals for lakes, parks and plantations under the lake monitoring & park monitoring systems.

The online platforms will collect information from the maintenance contractor, BBMP officials and upload details about the number of inspections, survey documents, status of surveys conducted, inspection reports, and so on. Additionally, the inspections conducted by citizen volunteers will be logged into the system.

The lake monitoring system shall maintain data on the number of lakes, lakes inspected, zone-wise data on inspections made by BBMP, maintenance agencies and citizen volunteers, geolocation of lakes, details on lakes under each zone, surface area of lakes and so forth.

"The purpose of the lake monitoring system is to create an online platform for officials and the public to monitor the work done by maintenance contractors. Each contractor should be visiting the lakes daily. Works such as sweeping, cleaning, and weeding need to happen

CONTINUED ON PAGE 8 »

> **"Contractors, BBMP officials, citizen volunteers will be given login IDs for uploading work**
> — senior official, lakes dept, BBMP

Road rage blues

State, city witnessing alarming surge in rash driving

| Ahna Prakash
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TWEETS @BangaloreMIRROR

Bengaluru witnessed a surge in rash driving, with a staggering 3,179 cases reported in 2022.

This figure significantly surpassed those reported in neighbouring metros such as Coimbatore posting 826 and Chennai with 2,965 cases reported during the same period.

The National Crime Records Bureau (NCRB) report revealed the crime rate for rash driving exceeded 37 in Bengaluru.

According to the NCRB, 842 persons fell victims to accidents categorised under causing hurt by rash driving. Furthermore, the report highlighted over 2,400 victims suffered grievous injuries due to rash or negligent driving, reflecting a crime rate exceeding 24.

Rash driving contributed the second highest cases in the country under IPC crimes in 2022.

In Karnataka, the year 2022 witnessed an alarming surge in incidents of rash driving, with the tally reaching over 29,000 cases.

This elevated figure is coupled with a notable crime rate of 43.1 for rash driving.

In a year alone, the state saw more than 16,000 victims who suffered injuries

CONTINUED ON PAGE 8 »

3 THINGS TO DO

01 Crafts carnival

The vibrant Bengaluru Arts and Crafts Festival was inaugurated at the White House Convention Centre in HSR Layout by popular cine actors Sindhu Loknath and Bhoomi Shetty. The grand festival, which commenced on the eve of Sankranthi, promises a delightful shopping experience until January 14.
Where- White House Convention Centre, HSR Layout; When- Until January 14

02 Creative voices

Lahe Lahe open mic invites you to showcase your talent in an open and inclusive space. Whether you're into music, poetry, comedy, or any other form of expression, this is your chance to shine.
Where- Lahe, Lahe; When- January 14

03 Metal mayhem

Brace yourself for the ultimate metal experience! The much-anticipated Bangalore Open Air 2024 is set to rock the city. Don't miss out on this head-banging celebration of metal music!
Where- Bits Club; When- February 9

₹50-lakh grant for art's sake

During the vibrant inauguration of the 21st Chitra Santhe, organised by the Karnataka Chitrakala Parishat (KCP) on Kumara Krupa Road, Chief Minister Siddaramaiah announced a generous grant of Rs 50 lakh, showcasing the state government's support for artistic activities. Emphasising the state government's commitment, he assured necessary assistance for the establishment of museums and art galleries across all districts. Every year, the event draws an attendance of 3 to 4 lakh people and sees the participation of over 1,600 artists from 22 states, Chitrasanthe has evolved since its inception in 2003. This year's edition pays special homage to space scientists, exemplifying the event's dedication to diverse creative expressions. Kumara Krupa Road witnessed a lively congregation of thousands of art enthusiasts, who immersed themselves in the captivating display of paintings, drawings, sculptures, and portraits by over 1,000 artists from across the country during the day-long celebration of artistic brilliance in the city. — BMB

Winter elevates UTI risk

Healthcare experts advise good hygiene, hydration & prompt symptom management

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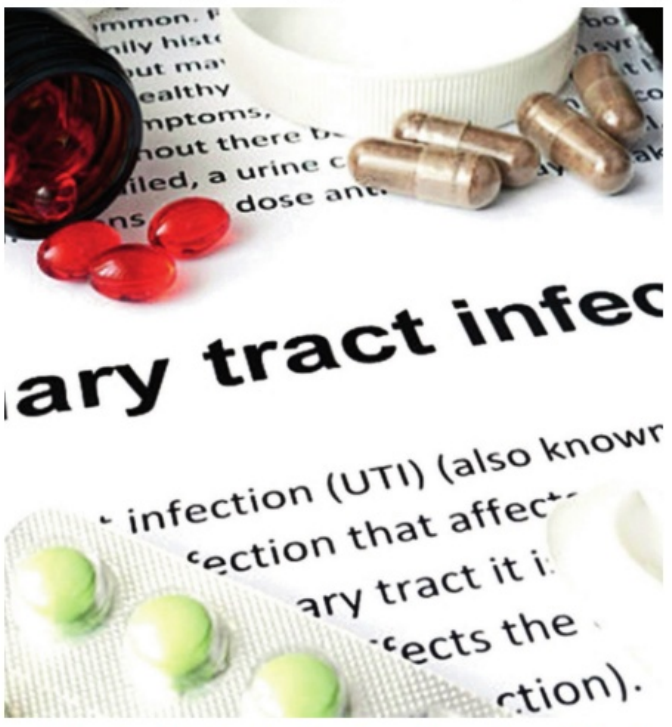
During the winter season, health professionals are observing a rise in urinary tract infections (UTIs). Colder temperatures and decreased water intake, compromising hydration levels, along with layered clothing that can trap moisture, create an environment conducive to bacterial growth. As a result, there has been an increase in the number of reported UTI cases.

Healthcare professionals emphasise increased awareness of hygiene practices, maintaining adequate hydration, and promptly addressing symptoms are crucial in preventing and managing UTIs in winter.

Dr Surjit Singh, a consultant physician said, "We have observed a surge in urinary tract infection cases during this holiday season. On average, we witness walk-ins of 5-6 patients every day with UTI-indicative symptoms. There is an increase of around 50 per cent. The prevailing cold weather tends to expose individuals to infections, particularly affecting middle-aged patients with underlying conditions such as diabetes, who may not be vigilant in their regular health check-ups. Dehydration, worsened by reduced water intake in the winter months, is also a significant contributor to UTIs.



"To stay hydrated and reduce the risk of UTIs during cold weather, it's essential to drink plenty of fluids, even if you don't feel thirsty – Dr Mohammed Shahid Ali, Consultant, Manipal Hospital

We are also seeing an increasing number of young individuals being affected, possibly due to heightened social activities during the holidays. The use of public restrooms in malls, pubs and other public places, increases the risk of UTI transmission in this demographic."

Dr GR Manjunath, Consultant Urologist, at Trilife Hospital, pointed out that women are more prone to UTIs. "Around 35-56 patients per week are being diagnosed with UTI across age groups, however, women are more prone to getting UTI as compared to men due to their anatomy. Less intake of fibre, vitamin D deficiency and an increase in Diabetes Mellitus are also causes for the rise in UTI cases over the past few weeks. "

Dr Mohammed Shahid Ali, Consultant – Urology, Andrology, Robotic Surgery and Renal Transplantation, Manipal Hospital Old Airport Road, Bengaluru disclosed that clothing choices during winter are another factor leading to UTI. "During winter, we tend to bundle up in warm, layered clothing. However, tight-fitting or synthetic fabrics can trap moisture and heat, creating a favourable environment for bacteria to thrive. It's important to wear breathable clothing and change out of wet clothes promptly. This apart, cold temperatures might discourage us from staying adequately hydrated, which can lead to fewer trips to the bathroom. Holding in urine for extended periods can allow bacteria to multiply and increase the risk of developing a UTI. "

Stating the preventive measures Dr Ali said, "To stay hydrated and reduce the risk of UTIs during cold weather, it's essential to drink plenty of fluids, even if you don't feel thirsty. Warm beverages like herbal teas or hot water with lemon can be comforting and help maintain hydration levels. Additionally, incorporating hydrating foods like soups, fruits, and vegetables into your diet can provide both nourishment and hydration."

Think pink... there you go

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Tabebuia Rosea, commonly known as the Pink Trumpet Tree, graces landscapes with its vibrant blossoms during its bloom season. The tree's branches become adorned with large, trumpet-shaped flowers in various shades of pink, ranging from pale pastels to rich magentas. These trees are in full bloom this season and the people of Namma Bengaluru can't keep calm. Social media is abuzz with the pictures of these beautiful pink flowering trees.

The city's streets in areas such as Jayanagar, Silk Board, Kundalahalli, Trinity Circle, Silk Board, Palace Road, and in the parks like Cubbon Park and Lalbagh become a breathtaking sea of pink, with the iconic trumpet-shaped flowers adorning the landscape.

As the Pink Trumpet Trees blanket the city in a rosy embrace, locals are quick to grab their cameras and smartphones, documenting the picturesque scene. Instagram, X and Facebook are flooded with snapshots of the flowers.

Sunitha Kumar, from We Love Cubbon Park, said, "Pink is a beautiful colour that denotes happiness, love, romance, playfulness, compassion and positivity. The beauty of pink flowers of Tabebuia rose's - tree clusters at Cubbon Park bring out the same warmth as the colour denotes for the park visitors. All the trees of Cubbon Park are beautiful - flowering ones and otherwise.'

Originating from the tropical regions of Central and South America, Tabebuia Rosea found its way to various parts of the world due to its striking beauty. In its native habitat, the tree thrives in warm climates, making its introduction to regions with mild winters an enchanting addition to seasonal transformations.

Environmentalist Vijay Nishanth said, "It's again season of Tabebuia and Bengaluru is gripped with the tree species and flowers. It's really good news for this species which helps bees. There is interest in growing other flowering trees too because of Tabebuia."

One Instagram user had posted a story with the caption, "The streets of Bangalore are turning into a fairytale with Tabebuia Rosea in full bloom! Nature's gift to the city." While another on the platform posted a picture of the tree on X and said, "Nature's own art exhibition in Bangalore."

Borewell diggers play hide & seek

Nallurahalli residents allege digging going on without permit, wraps up when officials arrive, resumes when they leave

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Digging of borewells illegally is rampant in and around Whitefield in Mahadevapura Zone despite Minister for Minor Irrigation NS Boseraju's recent assurance that tough action would be taken against those digging borewells without permission.

Residents of Nallurahalli and environmentalists of Whitefield have been running from pillar to post to stop two borewells being dug up at a vacant site on Nallurahalli Main Road. The residents said the drama began on Thursday and the whole process has become a game of hide and seek. Authorities visit the spot to stop the digging whenever residents complain and the people involved take the rig mounted vehicles away from the site in presence of the authorities and bring them right back as soon as they leave.

"The authorities must act tough against those responsible. All such activities can happen only with permission from authorities. Some authorities visited the spot and penalised the owner of the vacant land on Thursday. They began digging again today. The authorities did nothing," said Shanthi Chandola, a resident, Nallurahalli.

Vinayak Joshi, another resident, agreed. He said the authorities must not succumb to pressure. "Digging of borewells is rampant at layouts in and around Whitefield," said Joshi.

When this correspondent visited the spot on Sunday morning, digging of two borewells was in progress. A person, claiming to be in-charge of the activity, told us that permission had been applied for. He produced an acknowledgement from the Ground Water Authority, Bengaluru about having received Rs 500 along with the application (dated January 6, 2024) submitted by Madan Mohan seeking permission to dig a borewell. He claims to have received permission from the Ground Water Authority but declined to produce a copy of the permission letter.

Digging of borewells was in progress at Nallurahalli on Sunday morning

Namma Whitefield RWA Federation/ Coalition for Water Security Convener Sandeep Anirudhan said the blatantness with which violators defy authorities is shocking. Anirudhan said even after four visits by Karnataka Groundwater Authority (KGWA) and BWSSB officials to the site, violators not only continued drilling but emboldened by the official inaction, they started drilling a second one. "Illegal borewells steal groundwater while public borewells are dried up due to overexploitation by these illegal commercial buildings. Groundwater is a public resource, and the general public have the right over its use, not commercial buildings. Bengaluru is a notified zone as groundwater is fully depleted. Strict laws are in operation, and commercial exploitation is strictly prohibited," he said.

> **"Illegal borewells steal groundwater while public borewells are dried up due to exploitation by illegal commercial buildings**

Bangalore Water Supply and Sewerage Board (BWSSB) engineer Mirza told BM that he has stopped digging of the borewells. "I will send my subordinates to the spot to stop it," said Mirza.

31-metre U-girder boost suburban rail

A 31-metre-long, single span U-girder, has been successfully cast for the first time in India for Bengaluru Suburban Rail Project on Saturday night at Casting Yard, Devanahalli. It is an important milestone in the much-awaited rail project. The 'Mallige line' or Corridor 2 includes construction of around 8 km viaduct or elevated section, from Hebbal to Yeshwanthpur, using such U-girders.

Heavy & Medium industries and Infrastructure Development Minister MB Patil said, "It's a momentous occasion that a single span 31-metre-long pre tensioned U-girders has been successfully cast here in Bengaluru, for BSRP. It is the first time in the country that such an U-girder is being used for rail-based transport infrastructure."

U-girders are U-shaped, pre-tensioned, precast girders that allow tracks to be laid right away. They are widely used in metro projects all over the world since they not only ensure superior quality but also save construction time. So far, 28-metre-long U-girders have been used in other metros. **BMB**

10 years of land certificates under scrutiny by civic body

In a move to address financial challenges, BBMP scrutinises Transferable Development Rights certificates issued before 2015, aiming for transparency and accountability

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Property owners, entrusting their properties to the BBMP for development projects like road widening, have endured a decade long wait, due to insufficient funds

The Bruhat Bengaluru Mahanagara Palike (BBMP) is set to scrutinise Transferable Development Rights (TDR) certificates issued to property owners who lost their lands before 2015, marking a proactive move in the wake of financial constraints faced by the civic agency. Introduced in 2005, TDR was offered to individuals relinquishing their land for various public projects such as road widening, park development, and school/college buildings. Instead of monetary compensation, these individuals received TDR certificates, a system controlled by the BBMP until 2015 when it was transferred to the Bangalore Development Authority (BDA). Over the past decade, approximately 22.08 lakh square feet of TDR have been issued.

In a recent meeting, authorities decided to reevaluate unused TDR certificates, urging original landowners and buyers to submit applications with supporting evidence. Upon verification, the BBMP will consider recommending the issuance of revalued certificates. A senior BBMP official explained, "We have called for applications to scrutinise TDR certificates issued before 2015. Both the original landowners and the purchasers must provide comprehensive documentation. Once verified, we will propose to the BBMP to reissue reevaluated certificates."

Amid allegations and instances of TDR misuse, this latest initiative aims to identify genuine TDR certificates. Instances have surfaced where TDR was granted for government properties, prompting the BBMP to initiate this verification process, ensuring transparency and accountability in the TDR system.

An official added, "To address the growing needs of expanding cities and developing robust transportation infrastructure, the Bruhat Bengaluru Mahanagara Palike (BBMP) introduced TDR in 2005. This initiative allowed the Palike to issue TDR to property owners, but not tenants when private properties impeded road widening projects. The TDR granted property owners an additional built-up area in exchange for the land relinquished, providing flexibility for personal use or transfer to others for a negotiated sum."

In a recent meeting, authorities decided to reevaluate unused TDR certificates, urging original landowners and buyers to submit applications with supporting evidence. Upon verification, BBMP will consider recommending the issuance of revalued certificates

Property owners who entrusted their properties to the BBMP for development projects, including road widening, have faced a decade-long wait due to insufficient funds. Hence, the BBMP decided to issue TDR certificates against acquired land to address the financial gap. Unfortunately, reluctance from property owners to accept TDR certificates has hindered infrastructure projects, compounded by the civic body's negligence in prioritising TDR-related issues. The TDR scheme has not been immune to controversies, with allegations of a scam leading to police raids. Charges include inflating land values to issue higher TDR percentages, wrongful issuance to unauthorised individuals, and depriving rightful site owners of government compensation. Notably, road widening did not occur, and no properties were acquired despite TDR issuances. Despite its unpopularity among residential property owners, the TDR-based road widening project was considered a lucrative venture for builders and land bankers. Builders sought profitable opportunities by acquiring properties identified for road widening, where owners anticipating significant loss are willing to sell.

Through an amalgamation of plots and surrendering land under TDR, a section of builders gained an additional Floor Area Ratio (FAR) used in expansive commercial projects, transforming the TDR initiative into a profitable business proposition.

Holy frames, unholy abandonment: Recycling 150 frames

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Volunteers from the Solid Waste Management Round Table, HSR Citizens Forum, and Ploggers Army segregated over 150 photo frames of Gods and Goddesses at the HSR Swachagraha Kalika Kendra on Saturday. Over the past two months, these dedicated volunteers have been collecting abandoned photo frames of deities from various locations in HSR Layout.

"It is for the second time we are segregating abandoned photo frames and idols of deities. We are very happy to participate in the programme. The photo frames were soaked in water and placed in small pits dug up for planting saplings," said BNS Ratnakar, a member of HSR Citizens Forum. It is said the volunteers brought the photo frames to the HSR Swachagraha Kalika Kendra for segregation collected from different locations of HSR Layout. "We segregated wood, glass, nails and photos from the photo frames by using a screwdriver. I participated in the segregation of abandoned photo frames from 8.30 am to 10.30 am. I want to tell the public what is the use of having so many photo frames when one is sufficient? If you want to buy more photo frames, why do you abandon them?," asked Ridhi Jayaprakash, a student from Transcend School.

Dr Shanti Tummala, an environmentalist, said that the volunteers have segregated more than 150 abandoned photo frames and idols made of Plaster of Paris. "Wood and glass removed from photo frames were sent for recycling. I want the residents and volunteers at different areas in Bengaluru to organise similar events in their respective areas," she said. Meanwhile, Plog Raj of The Indian Ploggers Army said that it is disheartening to see idols/photo frames discarded at lakes, temple corners, and under trees.

"We sincerely urge humans to think twice before buying so many frames, once bought they need to ensure they are not discarded. No religion tells us to discard photos. One should not forget the effort put by artists in making such photo frames. The chances of getting them recycled are very minimal. If it can't be maintained, it can still be given as a gift by making minor repairs but never to be discarded. The efforts from citizens in clearing such photos and more importantly segregating them is more like a divine call!" said Plog Raj.

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Broken baskets

Residency Road

The plant basket outside Vaishnavi Residency is in tatters, completely degenerated, presenting a sad and unsightly scene, courtesy of BBMP/Horticulture department.

Pipeline issue

Mahadevapura

There is a GAIL gas pipeline situated within the sewage pipeline on Joggers Park Road. Despite complaining to GAIL and possessing a letter from them, promising rectification 4 years ago, there has been no action taken.

Road occupied

Vijayanagar

A private hospital in Vijayanagar BGS ground has occupied both sides of the road.

Here's How Physiotherapy Helps In Covid Recovery

We know that when Covid-19 enters the system, it mostly affects the respiratory system, causing acute respiratory distress syndrome (ARDS) and pneumonia in severe cases. In the majority of cases, 80% will experience minimal symptoms, 14% will develop pneumonia, 5% will develop septic shock and organ failure (mostly respiratory failure), and 2% will be deadly.

Fever, dizziness, dyspnea, headache, dry cough (which can lead to phlegm) and, in some circumstances, loss of smell and taste are some of the key symptoms to look for in a Covid 19 infected person. Many people who have the delta variation have also complained of diarrhoea and weariness.

"If the patient is in ICU, the physiotherapist treats them from the time the medical parameters stabilise and tries to get them to sit on the side of the bed or even take a few steps while still on a ventilator, with the majority getting to stand before being discharged to a war," explains Dr. Sameera Gupta, an acclaimed Physio - Occupational Therapist and Award-winning obesity management specialist, who feels that physiotherapists can assist patients in performing simple exercises as well as forcing them to breathe more deeply.

"To help patients breathe, leagues have had to use manual techniques," she says.

"The patient would be lying on their side or sitting up in a chair, and the therapist would softly clap on their chest, or put our hands over their chest wall or rib cage, and give them a slight shake as they breathe out. The majority of patients benefit from these strategies for reducing respiratory secretions.

This strengthens a patient's respiratory system, preparing them to learn to dress, move, and make cups of tea again," adds Dr. Sameera on the physiotherapy procedures that must be completed.

Physiotherapists who work in primary care settings will very probably manage patients admitted to hospitals with confirmed or suspected Covid-19. Due to their close contact with patients, physiotherapists and other professionals are susceptible to infectious disease transmission.

In primary care settings, physiotherapists are usually first-contact practitioners, which means they may be responsible for early diagnosis of infectious disease and/or workload management.

"Physiotherapists and other health professionals must be familiar with Covid-19 and how to prevent its spread, as well as how they can participate in workforce planning," says the expert, who believes that they must use their professional judgement to choose when, what, and how to provide care while keeping in mind that this is not always the best environment for care.

"At the same time, we must recognise that our profession is vital to our community's health, and that there are people in our communities whose health may be jeopardised by care disruptions," she says. While assisting Covid patients, keep these suggestions and inputs in mind.

by Kayalvizhi Arivalan, Femina

Who benefits from physiotherapy?

The compass of activity is vast, and it can profit people of all periods and backgrounds. Some groups that can profit from activity, according to the expert are

- **Neurological cases:** People suffering from neurological diseases like stroke, Parkinson's complaint, or multiple sclerosis can ameliorate their mobility and function with activity.
- **Senior citizen case:** Activity helps seniors maintain their independence, reduce cascade, and manage age- related conditions like osteoporosis.
- **Paediatric cases:** Children with experimental detainments, cerebral paralysis, or sports injuries can profit from activity to reach their full eventuality.
- **Athletes:** Physiotherapists help athletes in recovering from injuries, precluding unborn injuries, and enhancing performance.
- **Pre- and postnatal women:** Physiotherapy can help women prepare for parturition and recover postpartum by addressing issues like pelvic pain and urinary incontinence.

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physiotattva.com

Got any dry waste ideas? Here's your chance folks

Bengaluru Smart City Limited initiates public consultation to shape city's approach to dry waste management, emphasises on circular economy and integrated waste solutions

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TWEETS @BangaloreMIRROR

For the first time, Bengaluru Smart City Limited (BenSCL) has invited the public to participate in the consultation to prepare the city's strategy for dry waste management and circular economy, with a focus on integrated waste management under the City Investments to Innovate, Integrate, and Sustain (CITIIS) 2.0 program of the Union Ministry of Housing and Urban Affairs.

The public consultation is scheduled to be held at BenSCL, Vasanth Nagar, at 3 pm on Monday, January 8. BenSCL, in collaboration with Bruhat Bengaluru Mahanagara Palike (BBMP) and Bengaluru Solid Waste Management Limited (BSWML), is exploring the potential of setting up new facilities to process dry waste, specifically low-value waste, and promote recycling, up-cycling, and reuse under a circular economy with a focus on integrated waste management.

"We have decided to organise a public consultation to get valuable suggestions from stakeholders and the public. The public consultation will be conducted physically at the BenSCL office and the same can be attended online also on January 8," said BenSCL assistant engineer Kiran M.

Start-ups and businesses engaged in waste processing, incubators supporting new ventures, rag-picker groups, and academic institutions involved in research on dry waste processing

Objective is to understand needs of all stakeholders interested in partnering on such a project

are invited to participate in the consultation. The objective is to understand the needs of all relevant stakeholders interested in partnering on such a project. BenSCL urges stakeholders to provide their valuable inputs and suggestions by actively participating in the consultation process.

Nalini Sekhar of Hasiru Dala welcomed the decision to hold a public consultation for the city's strategy for dry waste management. "This is the first time that BenSCL is organising a public consultation. I will attend the consultation tomorrow," said Nalini Sekhar.

Sandya Narayanan of Solid Waste Management Round Table (SWMRT) mentioned that she learned about public consultation through social media."It would have been better if the BBMP or BenSCL authorities had sent invitations to environmentalists and people working on dry waste management. Although BBMP or BenSCL did not invite me, I will attend the public consultation because I am interested in it. I believe that those working in dry waste management should be invited, not businessmen/women," she said.

Malini Parmar of SWMRT said that she would not like to manage dry waste but eliminate it. "It is good that the authorities have invited all, including incubators supporting new ventures. It will allow new ventures to narrate or showcase what they were doing for dry waste management. I am planning to attend the public consultation," said Malini Parmar.

School vehicle staff must have police certificate

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The Department of School Education and Literacy has now made it mandatory for school vehicle drivers and helpers to produce a character certificate from police stations in their jurisdiction. These certificates will be subject to renewal every two years. The department has issued a circular regarding the matter to all school authorities recently and has said that the certificates must be uploaded to the Student Achievement Tracking System portal of the respective schools. The commissioner of the department noted that the move is being made given an increase in the number of cases of child abuse during school transportation.

The circular also requires drivers and helpers to sign the school register twice a day, once when they drop the children off at the school premises in the morning hours and another time after all the children all dropped at their homes, the drivers and helpers are required to come back to the school campus and sign the register.

According to the Karnataka Motor Vehicle Act, 1989, and Condition for Vehicles Engaged in Transport of School Children Rules, 2012, constituting a School Cab Safety Committee is compulsory across all schools. The committee is responsible for conducting police verification of drivers and helpers of school vehicles. According to the rules, women helpers must be hired to work on school vehicles while it is mandatory for CCTV cameras to be installed on the vehicle. Ferrying more than the prescribed number of children on the school vehicle is prohibited. The responsibility of checking whether school management is ensuring that the rules are abided by lies with the Block Education Officers.

While educational institutions have welcomed the move, they have urged the state government to provide the certification free of cost. Noting that the staff often hired for the jobs of drivers and helpers do not stay with the management reliably for long periods, they have requested the certification to be conducted free of cost, as it would increase their spending otherwise.

NOTES FROM THE FIELD

Chief Minister Siddaramaiah, amid his hectic schedule, had a happy unexpected run-in with former cricketer Sachin Tendulkar during his recent travels. In a spontaneous chat, they exchanged pleasantries and Siddaramaiah expressed his admiration for the cricketer

Who holds significant influence?

At the Janaspandana meeting in Yelahanka, a local approached Deputy Chief Minister DK Shivakumar, expressing concerns about the depletion of greenery in Bengaluru, particularly in Jakkur plantation. The individual claimed that numerous trees were being unlawfully felled in the plantation area under the influence of a 'power lobby.' When DKS inquired further to identify the powerful entity, the petitioner hesitated to disclose names. DKS then challenged the petitioner, asking whether it was himself, Yelahanka MLA SR Vishwanath, or Revenue Minister Krishna Byre Gowda, who insisted on knowing and exposing the alleged powerful figures behind the mafia activities.

Lift trouble

BJP MP Umesh Jadhav recently got stuck in an elevator during his visit to Bengaluru to attend a party meeting at Jagannath Bhavan in Malleswaram. As the MP and his associates were heading out, a power cut and technical failure left them stranded in the elevator for about half an hour. Technicians had to be summoned to rescue the MP from the confined space.

Finger pointed

During a public meeting in Mahadevapura and KR Puram zones, Deputy Chief Minister DK Shivakumar and KR Puram MLA Byrathi Basavaraj were attentively addressing pleas from the public. In an unexpected turn, a senior citizen approached with a plea that left Basavaraj taken aback. The senior citizen directly accused Basavaraj, claiming that his relatives were causing a lot of problems for him. A surprised Basavaraj tried to defend himself, stating that he had no role in the matter. DK Shivakumar intervened, advising Basavaraj to listen to the senior citizen's allegations. DKS assured the MLA that he would speak to the BBMP and police to provide protection if everything aligned with the law.

Ragi balls downed

In a recent intriguing competition, participants competed to see how many ragi balls they could eat continuously. The winner turned out to be 67-year-old Ere Gowda. Remarkably, Gowda set a record by consuming 10 ragi balls, weighing a total of 2 kg 17 grams. His achievement in the competition marked a significant record.

No to films

Agriculture Minister N Cheluvaraya Swamy recently expressed his disinterest in pursuing film production in the future. Having previously launched his son as a film hero, Swamy clarified that he has no intention of becoming a full-time producer. When queried about potential future projects, considering the trend of politicians venturing into film production, Swamy explained that during his son's launch, his wife had taken charge of production responsibilities. Despite his fondness for movies, Swamy is hesitant to take on the risks associated with film production, at least for the time being.

Sri Lanka model

In response to numerous villagers reporting crop and human losses due to wild elephant attacks, the government is exploring various solutions. One proposed approach is inspired by the Sri Lankan method. Cooperation Minister KN Rajanna shared with journalists, "Sringeri MLA TD Raje Gowda suggested adopting the Sri Lankan plan. The idea is to designate 5,000 acres of land as a sanctuary for rogue elephants. They can freely roam within the fenced area, preventing them from venturing out and causing harm to crops. This plan aims to provide a habitat for elephants while safeguarding agricultural fields."

-Sridhar Vivan

Clamour to save Mysuru's iconic 19th Century market

Experts call for development projects to be sensitive to Devaraja Market's heritage

Conservation architects and other domain experts have pitched for preserving a late 19th century market in Mysuru and called for carrying out development projects while remaining "sensitive to the built heritage" of the city.

The historic Devaraja Market, constructed in the heart of the city in the 1880s by the Mysore royals, is facing an uncertain future for many years and marked for demolition for a redevelopment project, according to INTACH Bengaluru Chapter. Seeking to highlight its architectural and historical value and to emphasise on preservation of historical markets, a series of events -- a symposium, a heritage walk and urban sketching -- was held in Mysuru on Saturday.

Hailed as a 'heritage city', Mysuru is dotted with iconic buildings largely constructed by the Wadiyars — the royal family of the erstwhile Mysore State, including the Mysore royal palace, Lalitha Mahal Palace, old railway station, Mysore University building, and many other iconic landmarks.

During the symposium hosted by the Bengaluru Chapter of the Delhi-based Indian National Trust for Art and Cultural Heritage (INTACH) at the Wadiyar Centre for Architecture (WCFA), the current scion of the royal family, Yaduveer Krishnadatta Chamaraja Wadiyar eloquently made a case for preserving the Devaraja Market, built by his ancestors.

Other experts, including a structural engineer from Pune, concurred during the symposium that

The historic Devaraja Market was constructed in the heart of the city in the 1880s by the Mysore royals

> **"Artisanal and material heritage of Devaraja Market as also of Lansdowne Building (built in 1890s), cannot be replaced**
>
> –Yashaswini Sharma, Bengaluru-based architect

the Devaraja Market is a city icon, and "can be restored" and form a "nucleus" for sensitive development of Mysuru.

The theme of the discussion was 'Markets as Living Heritage: The Case for Conservation and Revival'.

Sanghamitra Basu, a conservation architect who recently retired as a faculty from IIT, ?Kharagpur, said, "Conservation is not (an act of) mummification," adding that amenities could be added to old structures with due sensitivity to the architectural fabric.

"It is important to have a management plan," she was quoted as saying in the statement.

S Raghunath of BMS College of Engineering in Bengaluru shared examples where he has helped restore buildings that suffered "Grade 4-level damage", including Dr S Radhakrishnan's house in Mysuru and the Octroi post in Bengaluru. "Devaraja Market has Grade 2-level of damage," he said, and asserted that it can be restored.

A joint statement was presented to the deputy commissioner of Mysuru after the conference which highlighted the feasibility of restoration and the central importance of traditional markets like Devaraja Market to the image of Mysuru as a heritage city, the statement said.

Bengaluru-based architect Yashaswini Sharma said the unique architectural features along with artisanal and material heritage of Devaraja Market as also of Lansdowne Building (built in 1890s), "cannot be replaced, and the significance of these buildings in the historical landscape of the core area of Mysuru cannot be undermined". Even the idea of "reconstructing in the same 'heritage' style" after demolishing the original building is "ironical, especially when the original is salvageable", Sharma said. **–PTI**

Prostitution ring hidden in spa busted

Police from the Central Crime Branch (CCB) successfully dismantled a prostitution ring operating under the guise of a spa lounge in Mahadevapura during a recent raid on a multi-storied building on Saturday. The raid was conducted after a complaint was filed at the Mahadevapura Police Station. A total of 44 women, hailing from both Karnataka and abroad, were rescued during the operation. Police detained 34 individuals and arrested the alleged mastermind, Anil.

The CCB's Women's Protection Division executed the raid that lasted about four hours, acting on a tip-off about the illicit activities within the building. Anil, it was discovered, had been running the sham spa business on the first and sixth floors. Investigations revealed that Anil had recently relocated to Bengaluru from another state, orchestrating the spa as a front for engaging young women, both locally and internationally, in the sex trade. **–BMB**

Water for farmers

To address the concerns of the farmers in the Krishna basin (Bagalkote, Kalburgi and Vijayapura), Deputy Chief Minister and Minister for Water Resources of Karnataka, DK Shivakumar, announced the release of 2.75 TMC of water from Almatti dam at around 10:50 am on Sunday.

In response to the critical water shortage in the Krishna basin, DK Shivakumar, Deputy Chief Minister and Minister for Water Resources, Karnataka, conducted a virtual meeting on Saturday. The focus was on preserving standing chilli crops in the Krishna Upland Project and ensuring an adequate water supply for the coming summer season. Shivakumar emphasised the state water policy's priority for drinking water. **–ANI**

BM Finance Fundas

Consumer Connect Initiative

Major issue: Do this to avoid freezing of mutual fund account

Investments in mutual funds can very well be made in the name of an individual's minor son or daughter. But once the said minor son or daughter turns 18 i.e. becomes major, certain compliances have to be followed. If these compliances are not followed no further transactions will be allowed for the said mutual fund folio.

To keep your mutual fund investment unaffected, once the minor turns major, you must get the mutual fund account regularised by submitting certain details and documents.

"Upon the minor attaining the status of major, the minor in whose name the investment was made, shall be required to provide all the KYC details and updated bank account details including cancelled original cheque leaf of the new account. No further transactions shall be allowed till the status of the minor is changed to major," said the Securities and Exchange Board of India (SEBI) in a circular dated December 24, 2019.

What are the documents needed to convert the status of mutual funds from minor to major?

Senthil G, Chief Business Development Officer - India & Global Business, KFintech, a registrar and transfer agent (RTA) explains the process and documents required for converting a minor son or daughter's mutual fund investment account's status from minor to major.

He says, "To covert the status of mutual funds, the parents of the minor must submit a written application for status change with AMC or RTA of the concerned mutual fund. The application should also have the

minor's signature, which the bank official attests."

Apart from the application, some documents are required. They are:

A minor's KYC is required with a copy of the Aadhaar and PAN card.

Bank account registration form or a copy of the bank passbook or cancelled cheque from the bank, which shows the minor who is now a major's account details.

A filled-up nomination form and a fresh systematic investment plan (SIP), systematic transfer plan (STP), and systematic withdrawal plan (SWP) mandate in the prescribed form (to continue the SIP, STP, SWP, if applicable.)

Having an Aadhaar card is a must for this conversion process. "Minor to major conversions will require the Aadhaar card and PAN number. Till the time when both documents are shared, transactions will not be allowed by the fund houses. Further, the KYC will be on hold for the time being," says Senthil G.

Even minors can get their own PAN card. "Parents looking to change their child's mutual fund status from minor to major should ensure that the child has a valid Aadhaar and PAN card. Even minors can get PAN cards with a parent or guardian signing Form 49A on their behalf," says Senthil G.

Income tax implications

Any gains made from investments made in the name of the minor while the child is a minor are clubbed with the income of the higher-earning parent. "However, once a child becomes major, and sells investments that were initially made in their name when they were a minor, the said incomes won't be clubbed with the highest earning parent. As the adult child is now considered a separate taxpayer, they are required to file their income tax returns," says Neeraj Agarwala, partner, Nangia Andersen India, a tax and business consulting group.

It is the responsibility of the adult child to pay their taxes on time even if the gains are from investments made by their parents when the child was a minor.

By Neelanjit Das, ET Online

How Kiran became Ravi: A musical tale

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With a symphony of pan-India hits, the ace musical director formerly known as Kiran Basrur, now widely recognised as Ravi Basrur, has orchestrated his way into the hearts of audiences across the country. Yet, behind the musical success lies a silent revelation – his birth name is Kiran, and the persona of "Ravi" was an homage to the benevolence bestowed upon him by an individual sharing that name.

In a recent TV programme, Ravi Basrur delved into the harmonious nostalgia of his past, weaving a tale rooted in the coastal landscapes of Kundapura, Karnataka. Reflecting on his origins, he revealed, "My village, Basrur, was famed for diamonds, but our true heritage was the DNA of music that coursed through the veins of its people. Every household resonated with the echoes of various musical instruments." Navigating through the cadence of his memories, Ravi shared profound moments of despair, recounting, "Twice, I reached a juncture where life seemed unbearable, yet fate intervened, altering my course irreversibly.

"In life, whatever name people call me, I want them to remember his (a benefactor's) name – Ravi Basrur

Facing numerous hurdles from a young age, I struggled for sustenance, relying on lists detailing temple locations where I could obtain prasad to satiate my hunger."

The pivotal moment materialised on Chord Road, where hunger gnawed at him for three agonising days. Ravi's narrative took a serendipitous turn when a benevolent soul-Kamat, noticed his plight and offered guidance. Recalling the encounter, Ravi recounted, "Kamat Sir took me to Avenue Road, promising employment. However, at the shop, another person stood, and in a bold move, I informed the shopkeeper that I'd heed the advice if he gave me Rs 5 for a meal." With Rs 5 in hand, Ravi found sustenance, and facing the gentleman again, he learned of his destiny. "He foresaw a future where I would become so engrossed in my craft that people would have to wait months to secure my services," Ravi shared. The catalyst for this transformation was the generosity of this man named Ravi. Overwhelmed with gratitude, Ravi approached him, seeking financial support to purchase a keyboard. The unnamed benefactor promptly withdrew Rs 35,000 from his account, selflessly aiding Ravi's musical aspirations.

Moved by this transformative encounter, Ravi decided to shed his birth name, embracing "Ravi" as a tribute to the compassionate stranger. "In life, whatever name people call me, I want them to remember his name," Ravi said. Thus, the maestro we know today emerged as Ravi Basrur. Ravi's inaugural venture as a music director, "Ugramm" (2014), marked the inception of his historic journey, and since then, he has continued to compose a melodic legacy that resonates across the nation.

India reports 756 new covid cases, five deaths

The Union Health Ministry on Sunday said the country reported 756 new Covid-19 cases and five deaths in the last 24 hours.

The five new fatalities were reported from Maha-rashtra, Kerala and Jammu & Kashmir, according to the Ministry data. On Saturday, two deaths were reported from Tamil Nadu and Gujarat while on Friday, 12 deaths were reported -- five from Kerala, four from Karnataka, two from Maharashtra, and one from Uttar Pradesh.

Meanwhile, the total number of active cases further fell to 4,049 from Saturday's 4,187. As of now, the total number of coronavirus cases in India, since the initial outbreak in January 2020, has reached 4,50,18,134, while the overall death toll has risen to 5,33,392. The new JN.1 sub-variant is a descendent of the Omicron subvariant known as BA.2.86 or Pirola, with Kerala being the first state to report a case.

Kerala, Karnataka witnessed JN.1 variant cases, while Delhi, Gujarat, Maharashtra, Tamil Nadu, Rajasthan, Telangana, Odisha and Haryana were also affected, as per the Indian SARS-CoV-2 Genomics Consortium (INSACOG). Data suggests that the JN.1 variant is not causing any significant rise in the new cases or hospitalisations and deaths.

These states have collectively reported 619 cases of the sub-variant by Thursday, with Karnataka leading with 199 cases followed by Kerala with 148 cases. INSACOG's data revealed that 239 Covid cases in December 2023, and 24 in November 2023, were identified with the presence of the JN.1 variant. The overall recovery from Covid has reached over 4.4 crore individuals, reflecting a national recovery rate of 98.81 per cent. The country has administered a total of 2,20,67,79,081 doses of Covid vaccines, as per the available data. – IANS

Worker clean the hospital premises at Rajiv Gandhi institute of Chest Disease in preparedness for covid, in Bengaluru (file photo)

BBMP's digital green monitor

CONTINUED FROM PAGE 1

regularly. The contractors, BBMP officials and citizen volunteers will be given login IDs for uploading work done by them. Citizens can report complaints using the Sahaaya feature that is integrated into the platform. One nodal officer has been appointed for each lake. Among other details, some of the lakes have the corresponding 2016 survey documents uploaded," said a senior official from the lakes department.

The BBMP has constituted the citizen volunteers group, Kere Mithra, where one person will be given the responsibility for looking after the lake for one month. As per the portal, 199 lakes come under the purview of the system. Similarly, parks will be monitored on a weekly or monthly basis and uploaded on the platform.

"We are also planning to create a system where resident welfare associations around a 2 km radius of the park will be held responsible for taking care of them. We might be assigning 10 people per park but it has not been finalised," said a senior official from the horticulture department.

The registration for Hasiru Mithra has not started yet. As per the portal, there are 1,237 parks within BBMP limits, and 82 parks have been inspected this week. BBMP also takes up plantation work every year.

"Every year, the BBMP takes up plantation work along roadsides and in vacant lands. On June 5, 2023, we took up plantation work with student participation. One lakh trees were planted in 2023 with the help of students; each tree has been tagged with the student's name. While BBMP agencies will be responsible for the physical maintenance, students will be urged to look after their trees and report issues. We have signed an MoU with schools to enable their participation. For this purpose, we have created an app, Hasiru Rakshaka, to allow the students to visit trees they planted and report issues about the specific trees. After two to three years of taking care of the tree, they will be given the certificate of Hasiru Rakshaka. In case of negative feedback, the complaint will be forwarded to the concerned deputy range forest officer to take action," said BBMP special commissioner (forests), Preeti Gehlot.

She added that BBMP plans to geo-tag all the plantations in the coming months.

As per the portal, 100,000 seedlings were planted, the agreement has been signed with 224 schools and 52,015 students have been brought under the programme.

Rash driving cases spike

CONTINUED FROM PAGE 1

categorised under cases of hurt by rash driving. Additionally, the report highlighted an even more staggering figure of over 22,000 victims who experienced grievous harm due to negligent or rash driving. In 2023, Bengaluru recorded more than 2,500 cases of reckless driving. Just two days ago, a fatal collision took place between a BMTC bus and a scooter on Varthur main road in Marathahalli due to rash driving. The victim was headed from Kundalahalli junction to Bellandur when the accident occurred.

Despite locals' efforts to rush him to the hospital, the rider succumbed to critical head and face injuries. The bus driver is in custody, and investigations are underway. The deceased's body was handed over to the family after postmortem.

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I, Gyanendra Reedy G s/o Gantla Reddy Nakkanahalli(v), Parandahalli(p), Robertsonpet KGF-563122 changed my name as Gyanendra Reddy G

I, Iqhra Taj, W/o. Syed Sabeer G, R/a No. 730, Flat B1 7, 10th Cross Road 3rd Block HBR Layout, Kalyananagar, Bangalore- 560043. I have changed my name from Iqhra Taj N to IQHRA TAJ Vide affidavit date: 05.01.2024. Sworn before Notary: Meer Hassan.

I, Basappa Siddappa Gowda, S/O Gowdru Basappa Gowda, residing at No. 2763/3, 3rd Main, 3rd Cross, MCC B Block, Davanagere-577004. I have changed my name to SIDDAPPA BASAPPA GOUDA Vide affidavit date: 06.01.2024. Sworn bfr Notary: Devaraja E.

I Krishnaveni Chidambaram W/O, S.thiruvalluvan R/o A302 Concorde Manhattans Neeladri Road Electronics City Phase 1 Bangalore Karnataka 560100 have changed my name to Krishnaveni Thiruvalluvan.

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HEALTH TIP: Eating curry leaves may aid heart health by reducing heart disease risk factors, such as high cholesterol

Mustard greens are a good source of B vitamins, including thiamine (B,) niacin (B3) and pyridoxine (B6)

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ALL IN THE MIND

Stressed out? Why mindfulness and meditation help us cope with the world

In a world fraught with anxiety, stress, and environmental and humanitarian disasters, people are looking for ways to cope.

Many have turned to practices originating in ancient eastern philosophies for guidance. Among these is mindfulness, which is linked to meditation.

What does mindfulness actually mean?

The original translation of the Pali word sati is "remembering". It was about remembering your ethics, the right way to behave in each moment.

It's shifted within the modern context and is usually translated as "being conscious and aware of the present moment".

The word I prefer to use is "awareness".

Start your day with evidence-based news.

A mindfulness practice would be a way to bring you back to the present. You'd use your senses, your breath, or your body as in a yoga practice.

To be mindful is to be present, to be open. You're not trapped in the past or in the future.

And that helps to calm you down because a lot of depression or depressive thoughts are linked to the past and things that we regret.

A lot of anxiety is linked to the future.

There is research on these particular tendencies. If people experience a lot of anxiety, it's often that their mind is in the future, worrying about what will happen next.

And the same thing for depression. The mind goes back into the past and goes into ruminating cycles of things that have happened or that we've done wrong, or what we perceive as wrong.

The present moment frees you from those aspects. Your attention is focused on exactly what's here and now. Within that you can bring a sense of discernment.

My work is also linking it to compassion. So if the present moment is uncomfortable – experiencing a friend suffering or our own suffering – you bring compassion to that. I find mindfulness and compassion go together.

How do we include meditation in daily lives?

Mindfulness is often achieved through meditation, a practice of sitting still and focusing the mind on the senses or the breath, but we can also remain mindful throughout the day.

I think the word "habit" is a really good one. To make your meditation as familiar a practice as brushing your teeth or having a shower. It's mental hygiene.

Making it a daily practice, at a particular time of the day, helps people: it's less negotiable. As soon as we start negotiating with ourselves – should I practise, shouldn't I practise – we often default to the less healthy habits like scrolling the internet or watching repetitive news stories.

In The Compassionate Activist I distinguish between five categories of contemplative practices: calming, insight, positive qualities, engagement and shadow integration.

The soothing practices are ones that calm us down. For most people a deep abdominal breath can be like a switch that shifts them from chaos to calm. It can really help. Not everyone. If you've had asthma, if you've had trauma associated with your breath, then that's not always the best method to use.

Moving practices also help activate and then quieten the body, which in turn calms down the heart and mind. When expressive movement (a form of dance) or yoga are carried out with a real conscious awareness of the body, they can be very useful to prepare the mind for meditation.

> **Mindfulness is often achieved through meditation, a practice of sitting still and focusing the mind on the senses, but we can also remain mindful throughout the day**

Mindfulness and meditation. What's the difference?

How important are insight and self-awareness?

Insight practices help us gain an understanding of our own habits. If you tend to find yourself in a state of depression or anxiety, just bringing your mind back to the present again and again can shift you out of those tendencies.

We often don't believe it's as simple as that, but it's amazing how much support we can give ourselves just by coming back to the present moment. Of course, if we have experienced traumatic incidents, then these practices are best done in parallel with psychotherapy.

There are also practices for cultivating positive, prosocial qualities such as curiosity, wonder, compassion, joy and gratitude, which are innate aspects of being human.

The mind has a negativity bias. The brain likes to learn quickly, so it tends to learn from negative experiences, but we have many wonderful experiences as well.

Training the mind to focus on gestures of care that people show us every day, even if it's just being let into the traffic, or someone making you a cup of tea, opens the mind to gratitude, appreciation and wonder.

Anger is often a result of fear. We go into fight and flight mode. Hurt is a result of sadness. So we don't need to demonise any of our difficult emotions. We use them to gather information. What am I feeling in this moment? And what do I need?

We learn to look at our experience rather than being swamped by it.

What is your advice for people wanting to refocus their lives?

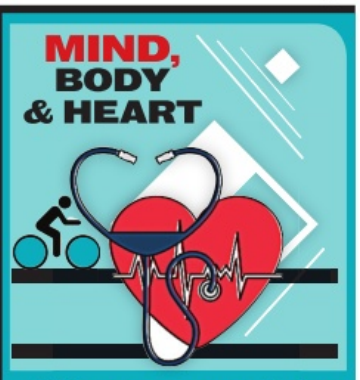
There's a lovely saying, that there are 84,000 Dharma doors. Dharma means the truth. So 84,000 different ways to find the truth. Your own truth.

But the reason that number is given is that apparently in the audience where the Buddha spoke, there were 84,000 people. So what it's saying is: find your own way.

When do I feel content? When do I feel at ease? When do I feel joy? Use those positive emotions as a way to reassure you that you're on the right track.

Be tuned into your own happiness, your own joy, your own contentment and ease, and let them guide you to the type of practices that are going to bring you the most benefit at different stages in your life.

(By Lucy Draper-Clarke, University of the Witwatersrand, The Conversation)



All you need to know about...

Disrupted sleep

Memory and cognitive issues later in life

According to a recent study published online in Neurology, the official journal of the American Academy of Neurology, people who have more disrupted sleep in their 30s and 40s are more likely to suffer memory and cognitive difficulties a decade later.

The study

The duration and quality of individuals' sleep were examined by the researchers. To compute their averages, participants wore a wrist activity monitor for three consecutive days on two occasions, about one year apart. Participants slept for six hours on average.

Role of sleep problems screened early on

"Given that signs of Alzheimer's disease start to accumulate in the brain several decades before symptoms begin, understanding the connection between sleep and cognition earlier in life is critical for understanding the role of sleep problems as a risk factor for the disease," said study author Yue Leng, PhD, of the University of California, San Francisco.

Quality matters

"Our findings indicate that the quality rather than the quantity of sleep matters most for cognitive health in middle age."

What are the odds?

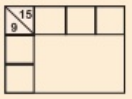
After adjusting for age, gender, race, and education, people who had the most disrupted sleep had more than twice the odds of having poor cognitive performance when compared to those with the least disrupted sleep.

There was no difference in cognitive performance at midlife for those in the middle group compared to the group with the least disrupted sleep. "More research is needed to assess the link between sleep disturbances and cognition at different stages of life," Leng said.

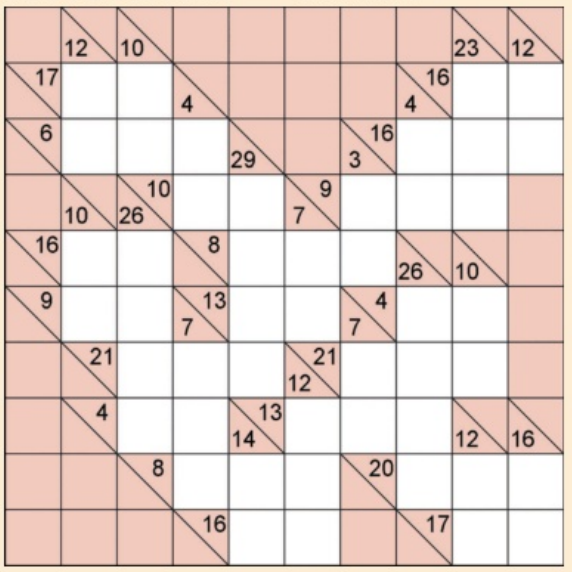
-ANI

Kakuro

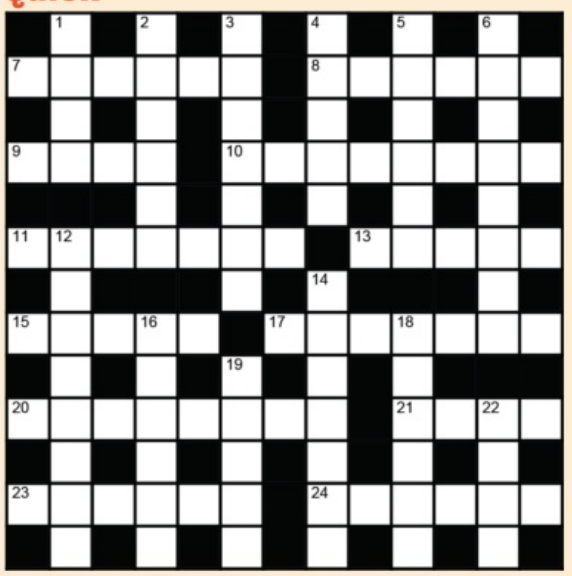
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 Penalise (6)
8 Breakwater (6)
9 Lacklustre (4)
10 Entourages or corteges (8)
11 Helped a felon (7)
13 Love to bits (5)
15 Israeli port (5)
17 Comprise or encompass (7)
20 Thorough and complete (8)
21 Internet patron (4)
23 Savage; very cruel (6)
24 Greek geometrician (6)

DOWN

1 Prickly seed-case (4)
2 A small piece of gossip? (6)
3 Scorched or burned (7)
4 A semiprecious stone - an opening for the cryptic minded? (5)
5 Put on clothing, hat, etc. (6)
6 Made beloved? (8)
12 Sci-fi author Ray _____ (8)
14 Went in (7)
16 Lacking cordiality (6)
18 Set in motion (6)
19 City in North Karnataka (5)
22 Modify the text (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: Y EQUALS C

G FPBUWV VWEEZ PZ QDGV QW YGO'V GCCTAB, FPV JV BTWZO'V XWWH PZ CATS FPIJOU JV.

Linemaro

You remind me of a camera. Every time I see you, I smile

Mindchow

Being deeply loved by someone gives you strength, while loving someone deeply gives you courage

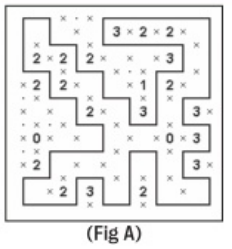
Joke of the day

Watch your wedding video backwards. You'll love the part when you take off your ring, walk away from the altar and leave with your friends

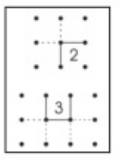
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)



(Fig B) Not Allowed

How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)

Strikeout

This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...

1	2	3	4 K	5
6				
7				
8				
9				

ACROSS

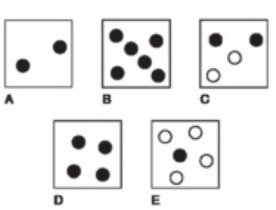
1 Shark; 6 An are;
7 Dug me; 8 Acres;
9 Ty all

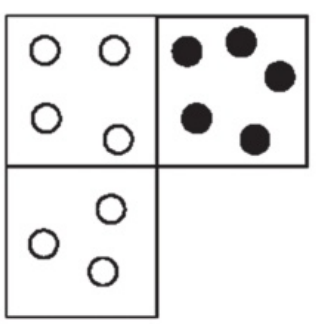
DOWN

1 Thads; 2 A race;
3 Large; 4 KL run;
5 Seamy

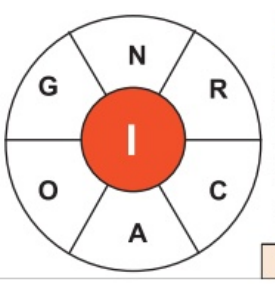
Mensapuzzle

Which is the missing tile?





Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

13 Average; 15 Good; 17 Outstanding

SudokuChallenge

6			7		5			2
	3	2				1	8	
5			1		8			7
	9		4		3		5	
	2		6		9		3	
9			2		1			4
	7	5				6	9	
1			5		7			3

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 5
3 4 7 9

Medium = 9
4 4 5 6

Hard = 2
1 3 4 2

Hocusfocus

Find at least six differences in details between panels.

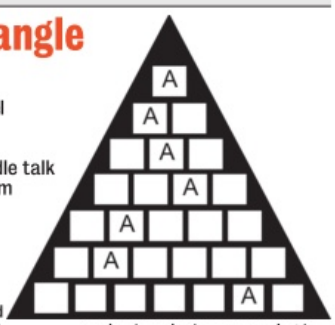
Differences: 1. Boy's cap is reversed. 2. Woman's arm is longer. 3. Hair is different. 4. Nose is different. 5. Curtain is not as long. 6. Ball is moved.

Riddler

There were 100 patients in a road trauma hospital. Some of the patients had only one leg. Half the rest had no legs. In total how many legs did the 100 patients have?

Alpha triangle

1 First letter
2 Silver symbol
3 Purse or a satchel
4 Boast
5 Burst in
6 One addicted to idle talk
7 Persistent problem

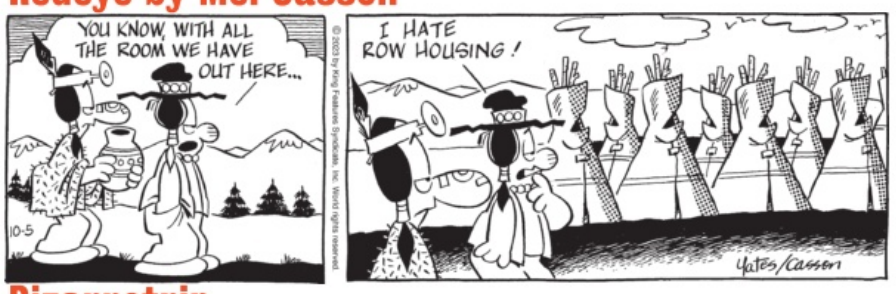


Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson



Bizarrotrip

Diamond Lil

Hart of the city

HEY! READY TO STUDY FOR TRIVIA?
YEAH! COME ON IN. MY ROOM IS THIS WAY.
I PICKED UP A FEW BOOKS FROM THE LIBRARY.
MARVEL TRIVIA
I ALSO BROUGHT SOME STUDY MATERIALS.
ENCYCLOPEDIA BRITANNICA
I THINK WE'RE STUDYING FOR TWO DIFFERENT CONTESTS.
HEHEHA!
HEART OF THE CITY © 2023 AUDREYS MOREL
GOCOMICS.COM/HEARTOFTHECITY

Crankshaft

SON OF A GUN!
IT LOOKS LIKE THERE ISN'T GOING TO BE A CHIMNEY FIRE AT CRANKSHAFT'S PLACE TONIGHT!
WAIT! HE'S THROWING AN EMPTY PIZZA BOX ON THE FIRE!!
CFD
BATIUK & DAVIS tombatiuk.com/books

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
Today, you are blessed by Jupiter and the moon. You may expect to receive some rewards for your social services. You are appreciated by your seniors, and you may also receive promotions. Your losses may convert into profits now, increasing liquidity in the business. You will plan to invest more capital in the family business, which will contribute to its growth soon.

Taurus Apr 21 – May 20
Today, you may feel happy, and your health is also good, giving you inner strength and self-confidence. Your conscience may not allow you to manipulate messy tasks to maintain your reputation in your environment. Your social prestige is likely to increase.

Gemini May 21 – Jun 21
Today, you may feel disappointed. You are advised to control your arrogance; otherwise, you may face losses due to your words while talking with anyone. Lovebirds should be careful in discussions; otherwise, the relationship may be affected.

Cancer Jun 22 – July 23
Today, there may be peace of mind. You may plan to invest some capital in the business, increasing liquidity. Your earnings may boost your financial health. You may enjoy romantic moments with your spouse, enhancing harmony in family life. Singles may likely find a suitable match. Lovebirds may decide to get married. Students will be blessed with good karma.

Leo Jul 24 – Aug 23
Today, you may be very happy, and your losses may convert into profits. Your seniors may be happy and appreciate your work. You may experience changes in your place, position, or responsibilities at work in terms of promotions. Your opponents and hidden enemies may be under control now. Singles and lovebirds may make important decisions regarding marriage with the help of relatives or friends.

Virgo Aug 24 – Sep 23
Today, you are blessed by a positive moon, and your health may be good. You may plan to visit a religious place with family or friends and consider donating to religious places or charities. Property-related deals may likely be completed. You may plan for an overseas trip related to work.

Libra Sep 24 – Oct 22
Today, you may be a victim of conspiracies. Avoid getting involved in controversies. Your strong willpower and blessings from elders may protect you from this critical situation. Avoid arguments in love life and also refrain from rash driving or adventurous tours.

Scorpio Oct 23 – Nov 22
Today, you will be happy and feel peace of mind. Your focus towards your goals would be excellent. You may have romantic moments with your spouse, strengthening your bond. You will also be busy with other domestic issues.

Sagittarius Nov 23 – Dec 22
Today, you may be more enthusiastic. Your performance at work may be good, boosting your relationship with seniors. You may get new responsibilities in terms of promotions. In legal matters, you may hear good news, and your opponents and hidden enemies may be under control.

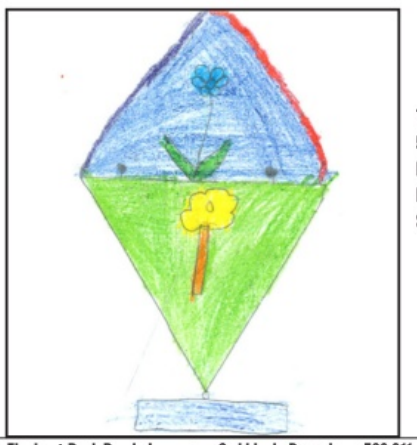
Capricorn Dec 23 – Jan 20
Today, you may be able to complete difficult tasks easily, boosting your confidence level. Your past investments may yield good gains. Avoid arguments on worthless topics, as they may waste your precious time.

Aquarius Jan 21 – Feb 19
Today is not good. You may feel unhappy and dissatisfied with your current situation. Keep patience and avoid making decisions in a hurry. Take care of your parents.

Pisces Feb 20 – Mar 20
Today, you may be enthusiastic, and your focus on your goals may be excellent. You may easily achieve your target. You are likely to go on short work-related trips, which may bring benefits soon. Your colleagues and friends may help you in completing some important projects.

KIDZONE

B Dharun, 8 Years, Presidency School



Trinetra, 5 Years, N B National School

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

RIDDLER 100. The group with one leg each averages one leg per person. The rest are split into 2 equal groups. One group has no legs, so the other group must have 2 legs each, meaning these 2 groups average one leg per patient. Therefore, overall, the average is one leg per patient, therefore there is a total of 100 legs.

SOLVE IN 1M (42-48) / (20-5) = -6/15 = -2/5 = -0.4

FAST FIVE

H	A	R	K	S
A	R	E	N	A
D	E	G	U	M
S	C	A	R	E
T	A	L	L	Y

BULL'S EYE arcing, ring, caring, glair, coin, rain, coring, glain, giro, grain, grin, groin, icon, iron, caring, ORGANIC, racing,

STRIKE OUT

O	R	G	E	I	S	H	G	R	A	N
V	A	D	I	D	A	H	O	E	D	E
E	N	S	U	R	E	S	L	O	C	A
L	O	R	D	S	E	A	R	A	C	H
A	I	A	D	D	S	I	R	T	I	S
Y	A	C	H	T	S	A	M	A	Z	E
T	A	U	R	I	N	E	F	R	A	N
G	W	A	R	M	E	I	R	T	I	S
A	O	L	I	L	K	A	S	O	L	U
P	L	A	Y	A	I	S	O	T	O	P
E	H	A	V	O	C	R	T	N	E	S
B	R	U	T	A	L	E	U	C	L	I
U	S	B	R	N	D	U	S	E	R	
A	B	S	O	L	U	T	E	U	S	E
D	R	A	B	R	E	T	I	N	U	E
H	A	I	F	A	I	N	C	L	U	D
R	T	A	H	T	A	R				
A	B	E	T	T	E	D	A	D	O	R
I	R	E	E	A						
D	R	A	B	R	E	T	I	N	U	E
R	T	A	A	N	D					
P	U	N	I	S	H	G	R	O	Y	N
Y	A	D	I	D	A	H	O	E		
E	N	S	U	R	E	S	L	O	C	A
L	O	R	D	S	E	A	R	A	C	H
R	T	I	S	D	V					

QUICK

Y		Y		I		D		H		T
B	R	U	T	A	L		E	U	C	L
U		S		B		R		N		D
A	B	S	O	L	U	T	E		U	S
D		R		H		T		A		
H	A	I	F	A	I	N	C	L	U	D
R				D		E				
A	B	E	T	T	E	D	A	D	O	R
I		R		E		E		A		
D	R	A	B	R	E	T	I	N	U	E
R		T		A		N		D		
P	U	N	I	S	H	G	R	O	Y	N
A		A		D		E				
L	O	R	D	S		E	A	R	A	C
A		I		A	D	D	S		I	
Y	A	C	H	T	S	A	M	A	Z	E
T	A	U	R	I	N	E		F	R	A
G		W	A	R	M		E		I	
A		O		L		I		L		K
P	L	A	Y	A		I	S	O	T	O
E	H	A	V	O	C		R		T	
B	R	U	T	A	L		E	U	C	L
U		S		B		R		N		D
A	B	S	O	L	U	T	E		U	S
D		R		H		T		A		
H	A	I	F	A	I	N	C	L	U	D
R				D		E				
A	B	E	T	T	E	D	A	D	O	R
I		R		E		E		A		
D	R	A	B	R	E	T	I	N	U	E
R		T		A		N		D		
P	U	N	I	S	H	G	R	O	Y	N
Y		Y		I		D		H		T

MENSA PUZZLE
D: looking across, the number of dots increases by one and white becomes black. Looking down, the number of dots decreases by one and the dots stay the same colour.

QUOTE UNCODE A budget tells us what we can't afford, but it doesn't keep us from buying it.

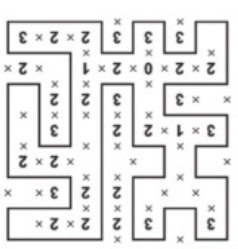
SUDOKU

6	1	8	7	3	5	9	4	2
7	3	2	9	4	6	1	8	5
5	4	9	1	2	8	3	6	7
8	9	7	4	1	3	2	5	6
3	5	6	8	7	2	4	1	9
4	2	1	6	5	9	7	3	8
9	8	3	2	6	1	5	7	4
2	7	5	3	8	4	6	9	1
1	6	4	5	9	7	3	2	8

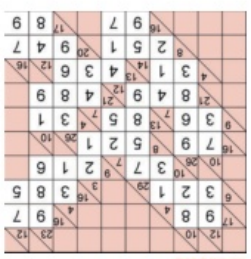
ALPHA TRIANGLE
A, Ag, Bag, Brag, Barge, Gabber, Bugbear.

GO FIGURE
Easy
7 + 4 - 9 + 3 = 5
Medium
4 - 5 + 6 + 4 = 9
Hard
2 + 4 / 3 / 1 = 2

LOOP



KAKURO



Volume No 17, Issue No 006 RNI NO:KARENG/2007/21142 Published for the Proprietors, Metropolitan Media Company Ltd by R.J. Prakashan at No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011 and printed by him at Bennett Coleman & Co Ltd., The Times of India Press, No. 9/10/11-A, 4th Main, KIADB Bommasandra Industrial Area, Anekal Taluk, Bangalore - 560 099 (Phones : Press : 080-22899999; Editorial : 080-40877666, Fax – 40877545, Registered Office: No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru - 560 011, Email : mybangaloremirror@timesgroup.com Editor : Ms. Seena Menon - responsible for selection of news under PRB Act. © Reproduction in whole or in part without the written permission of the Publisher is prohibited.

Anil Kapoor, Ranbir Kapoor, Bobby Deol, Alia Bhatt, Mahesh Bhatt and Neetu Kapoor

Success bash

Bollywood actor Bobby Deol, who is basking in the success of his recent release 'Animal' attended the film's success bash in Mumbai. As the actor made his way to the venue, he was stormed by his fans who wanted to get his glimpse and click a picture with him.

The actor's security personnel were seen pushing the fans to help the actor steer clear ahead of him. However, looking at the behaviour of his bodyguards, Bobby asked them to calm down and not to push his fans.

Netizens were impressed by Bobby's gesture, as they heaped praise on him. One user wrote: "Calm down kaise ho aap ki acting dekhkar janta bahut zyada khush hai". Another wrote: "Fans are all over him, lately it's tough being a Deol." A third said: "He's sooo calm n considerate (sic)."

The success party of 'Animal' was a starry affair. The film's cast, including Ranbir Kapoor, Anil Kapoor, Bobby Deol, Rashmika Mandanna, and Triptii Dimri, were seen at the event. Saurabh Sachdeva and Siddhant Karnick among other cast members were also spotted at the bash.

Ranbir, who plays the titular character in the film, arrived with his family: wife Alia Bhatt, mom Neetu Kapoor and father-in-law Mahesh Bhatt. The 'Barfi' actor wore black blazer which he paired with a grey shirt and black pants. Alia opted for a blue halter dress and heels. –IANS

Haze of stardust

Kangana Ranaut reveals best thing about being an actor

Actress Kangana Ranaut on Sunday penned a note revealing the best part of being an actor, which she said is getting fan attention whenever actors step out in public.

Kangana took to Instagram stories, where she penned the note expressing that it is sort of a "small miracle" that has happened whenever they spot an actor in public.

Taking to her Instagram Stories on Sunday, Kangana wrote: "The best thing about being an actor is whenever people see you at the airport in the lounge, in the aircraft or even in a shop, restaurant, simply strolling around in the streets, their faces light up with a big unexpected smile as if a small miracle has happened, as if a good omen has bestowed upon them, as if the glamorous world of the celluloid has collided with their mundane life leaving a haze of stardust."

"They often smile with twinkling eyes, sometimes even cry at times, fumble with their words or shake with their attempts at selfies, suddenly you too feel the sparkle of your own presence through their eyes and wonder what exactly happening and what is the most appropriate way to be, it's impossible to be in control of that which isn't even there," she added.

"The myth of a cinema star is the sweetest lie ever, I wonder and wonder at this silly business of smiles and tears," she concluded.

Kangana will next be seen in Emergency, where she will play former PM Indira Gandhi. –IANS

Saree beauty

Saree beauty Rashmika Mandanna is spreading sunshine all around in her satin yellow saree

Watch this story come alive on your device by scanning this QR code

Jameela weighs in

Actress Jameela Jamil, who has previously battled an eating disorder, hates the slogan "no pain, no gain" because she doesn't believe exercise should be viewed as punishment and says the quick fix for losing weight is "not sustainable."

She told Grazia magazine: "It's been quite heartbreaking, watching such an extraordinary rise of unhealthy attitudes towards bodies again after it felt like so much progress had been made. It really made me feel depressed, especially at the start of the year."

"It has struck me that a lot of the narrative around these weight-loss injections has been that you get the results without the sweat, that we still look at exercise as this punishment. The idea of 'no pain, no gain' is such a horrible, outdated, stupid slogan that doesn't mean anything."

"I don't feel any pain. When I'm exercising, I do things that are gentle and good for me and sustainable. I'll go for a 15-minute walk or dance in my kitchen."

The 'She Hulk' star said of injections such as celebrity favourite Ozempic: "It's not sustainable. I think as quickly as it came in, it's gonna go out again." The star is an advocate for body neutrality - in which she doesn't "love" or "hate" the way she looks - and previously explained how she "can't do" body positivity because she's still "too body dysmorphic". –IANS

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Rich-poor divide

Yet another Kannada film based on real incidents is in the making. The movie The Rulers - Power of Constitution - is based on incidents that took place in Kolar. Its teaser was released on January 1 on YouTube and received one million responses in four days.

KM Sandesh, a social activist from Kolar, has written the film's script, screenplay, and dialogues and plays a key role in the movie.

"I have been working as a social activist to ensure equality in society. I led around 300 protests and arranged more than 150 inter-caste marriages in Kolar. I receive 70 to 80 phone calls on a daily basis from girls complaining how they were cheated by youth from affluent families. The exploitation of girls from poor families is rampant in Kolar," said Sandesh.

He said that many, especially girls from poor families, are not aware of their Constitutional Rights. "I made an attempt to showcase the gap between rich and poor in society," he said.

Go fishing

The teaser of Kere Bete was launched by Sandalwood actor Dolly Dhananjay and director Dinakar Thogudeepa at a function at Mallathahalli Lake bund in a unique way. The director and producers presented fish to Dolly and Dinakar apart from bringing people who are known for participating in fish hunts to the event. Kere Bete (meaning lake hunting) is a folk sport held annually in Malnad.

"We organised the event as per the title of the movie. We distributed 15 kg fish among the guests. Around 60 members of Kere Bete came to attend the event. The movie has come out well," said Gowrishankar, who plays the lead and has bankrolled the movie in association with Jaishankar Patel.

Dolly said that movies based on folk sports and traditions have been successful at the box office. "This movie will highlight the lake hunting that is popular in the Malnad region," said Dolly Dhananjay.

Dinakar said he has watched the film. "I am sure of its success at the box office," he said.